



Disney  
**FROZEN**

Elsa and Anna's  
**Guide to  
Arendelle**

Barbara Bazaldua



**CREATE**

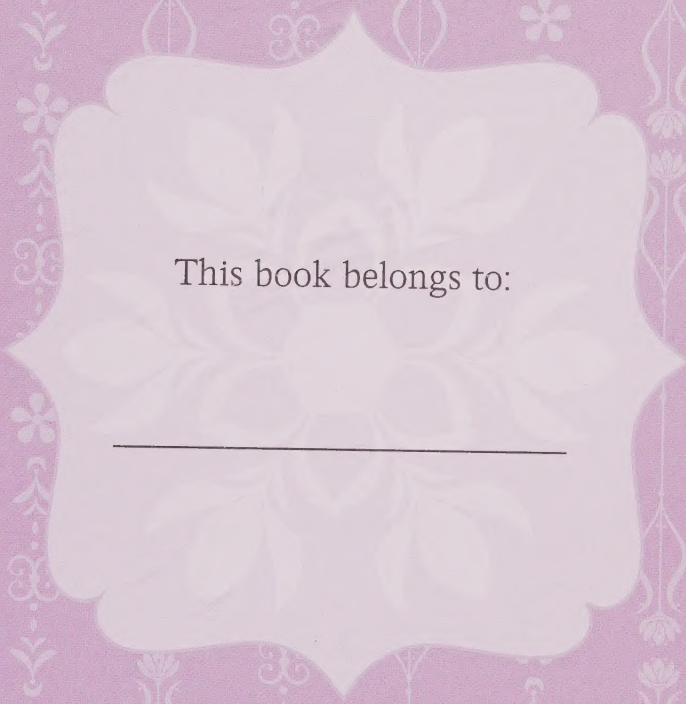
your own scenes  
with 12 punch-out  
characters and a  
double-sided  
backdrop!











This book belongs to:

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Disney  
**FROZEN**

# Elsa and Anna's Guide to Arendelle

An Explore-and-Crete Activity Book and Play Set

Written by Barbara Bazaldua



INSIGHT KIDS  
San Rafael, California







# A Look Inside This Book

## SNOWY FUN

Welcome to Arendelle! Become a part of this magical, snowy kingdom by making your own snowflake mobile on page 7. Then watch Anna and Elsa grow up as you complete the many puzzles and games in the halls of Arendelle Castle.

## MAKE YOUR OWN SCENES

Remove the punch-outs of all your favorite characters and create your own *Frozen* theater using the removable backdrop. You can store them in the back envelope when you're done playing.

## CORONATION DAY

You can plan your own party right along with Elsa's using the invitations, guest list, music list, and recipes on pages 12 through 15. Then help the townspeople of Arendelle brave the sudden snowstorm with a fun and wintry puzzle.

## STICKERS AND MORE!

Anna's horse has bolted and left her alone in the mountains! Help her find her way to Wandering Oaken's Trading Post (and Sauna!) with the maze on page 21. Whip up some snow just like Elsa's in the interactive activity on page 24. Then use the stickers on page 25 to decorate Elsa's palace.

## QUIZZES

Kristoff and Sven have been friends since they were little. Now you can make up a song for Kristoff to sing to Sven on page 26. Think you're ready for your own reindeer friend? Find out with the quiz on page 27. Don't forget to use your Sven and sleigh punch-outs for the journey to North Mountain!

## DOODLING AND DRAWING

Meet Olaf! He's always loved the idea of summer and sun and all things hot. Create your very own postcard of Olaf on summer vacation on page 33. Then find all the hidden shapes in Elsa's ice palace on page 34, but watch out for Marshmallow! You'll have to figure out how to stop him on page 37.

## ARTS AND CRAFTS

Get creative and make your own troll with the activity on page 39. Then weave a heart basket using the paper insert on page 41.

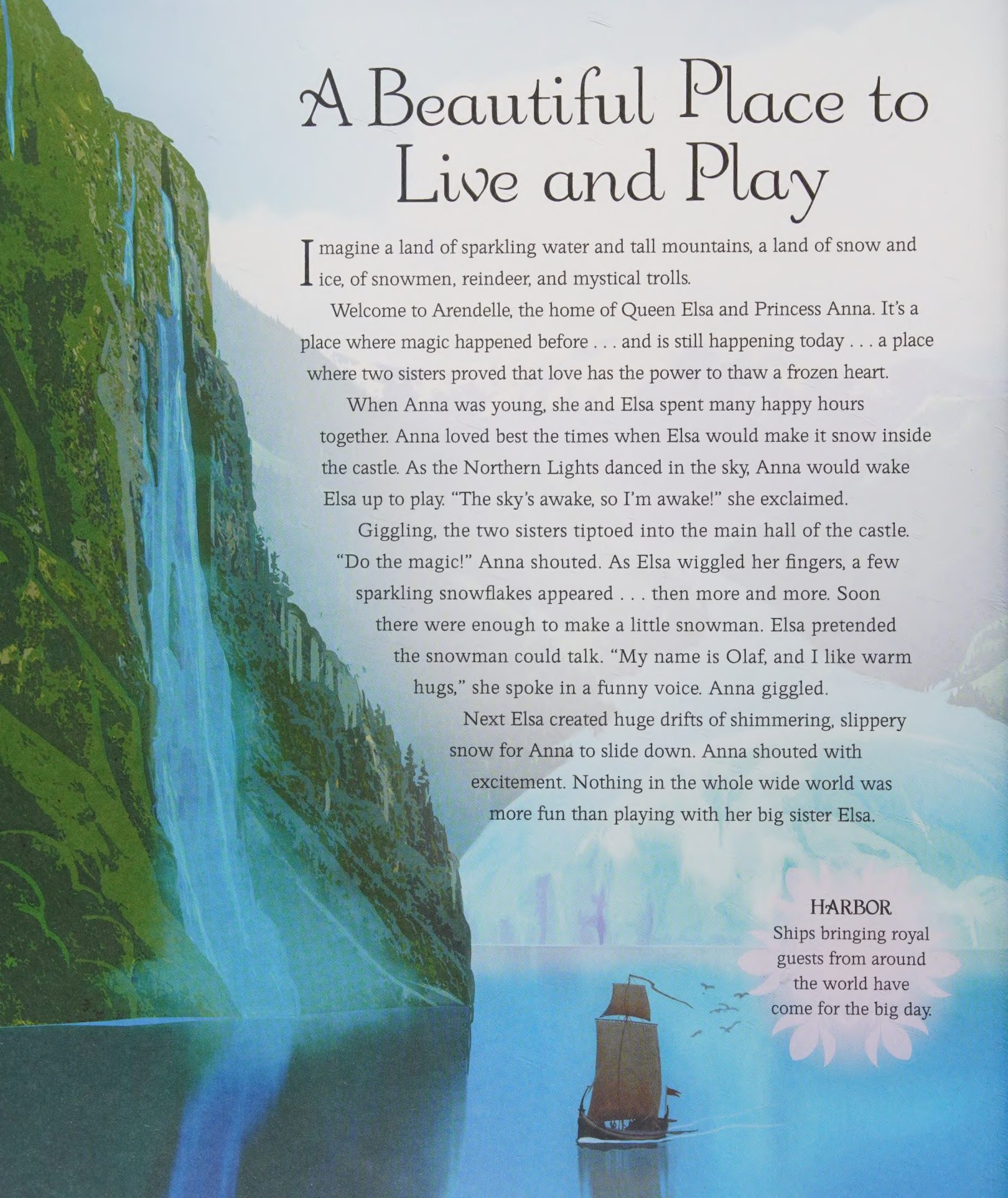
## A HAPPY ENDING

Anna's love for her sister has saved the kingdom of Arendelle. Relive the adventure with the board game on pages 46 and 47. Use the punch-out figures to play again and again!

## POSTER

You'll find a full-size poster of Arendelle on the back cover.





# A Beautiful Place to Live and Play

Imagine a land of sparkling water and tall mountains, a land of snow and ice, of snowmen, reindeer, and mystical trolls.

Welcome to Arendelle, the home of Queen Elsa and Princess Anna. It's a place where magic happened before . . . and is still happening today . . . a place where two sisters proved that love has the power to thaw a frozen heart.

When Anna was young, she and Elsa spent many happy hours together. Anna loved best the times when Elsa would make it snow inside the castle. As the Northern Lights danced in the sky, Anna would wake Elsa up to play. "The sky's awake, so I'm awake!" she exclaimed.

Giggling, the two sisters tiptoed into the main hall of the castle. "Do the magic!" Anna shouted. As Elsa wiggled her fingers, a few sparkling snowflakes appeared . . . then more and more. Soon there were enough to make a little snowman. Elsa pretended the snowman could talk. "My name is Olaf, and I like warm hugs," she spoke in a funny voice. Anna giggled.

Next Elsa created huge drifts of shimmering, slippery snow for Anna to slide down. Anna shouted with excitement. Nothing in the whole wide world was more fun than playing with her big sister Elsa.

## HARBOR

Ships bringing royal guests from around the world have come for the big day.



# PUNCH-OUT CHARACTERS

Use these punch-out characters to act out Princess Anna's and Queen Elsa's amazing adventures. Pretend you are traveling with them and sharing dangers and wonders as you discover the meaning of love.

## To assemble the characters:

1. Carefully punch out everything including prop pieces.
2. Pull open the dotted lines on the stands.
3. Carefully insert slits on prop pieces into slits on bottom stands (along the dotted lines).

### CASTLE WALLS

The strong walls protect Arendelle from everything—except winter!

### TOWN SQUARE

This is where people gather to celebrate.

### CASTLE GRAND ENTRANCE

The doors had been shut for many years before Elsa's Coronation Day.





# Winter Wonders

When Anna and Elsa were young, they had so much fun together. Like many little sisters, all Anna wanted to do was be with Elsa, and Elsa loved being a big sister. Princess Elsa and Princess Anna were best friends!

Elsa even used her magical powers to delight her sister Anna by making a snowman. It was fun to be able to delight Anna with everything she did. Neither of them ever imagined that anything would keep them apart.





# LET IT SNOW!

*Elsa could fill a room in the castle with snow with just a wave of her hand.*

*Imagine being able to turn your room into a shimmering winter wonderland, too! Create a bit of magic with snowflakes you can turn into a mobile or hang on your windows and doors. Punch out the attached snowflakes or follow the instructions below to create your own. Let your imagination go!*

## You will need:

|                                    |                        |
|------------------------------------|------------------------|
| Scissors*                          | Glue* (optional)       |
| Yarn or string                     | Paint (optional)       |
| Paper squares in any size or color | Paint brush (optional) |
| Needle and thread                  | Glitter (optional)     |
|                                    | Two 12" to 14" sticks  |

**\* Ask an adult to help when working with sharp scissors or hot glue guns.**

## HOW TO MAKE SIX-POINTED SNOWFLAKES

- 1 To make a paper square, fold the bottom corner up to the opposite side of the paper. Cut off the excess paper and unfold.
- 2 Fold the square in half diagonally to make a triangle.
- 3 Fold the triangle into a second, smaller triangle.
- 4 Fold the right side of the triangle toward the center. Make a sharp crease.
- 5 Fold the left side toward the right so that it overlaps the previous side.
- 6 Cut off the top of the paper at an angle.
- 7 Now begin cutting small shapes along all the edges of the triangle. The more shapes you cut out, the lacier your snowflake will be.
- 8 Unfold carefully and see what you've created! Beautiful!
- 9 To make your snowflakes lie flat, tuck them beneath a heavy book while you prepare your mobile. Once your snowflakes are smoothed out, you can decorate them with colors and glitter.
- 10 To make the mobile holder, cross two sticks over each in the center. Fasten them together by winding yarn around the spot where they cross and tying securely. You can add a spot of glue here if you wish.
- 11 Carefully thread a needle with a long piece of thread and push it through one point of each snowflake, leaving enough thread to tie your snowflake to the arms of the mobile. (Hint: Use different lengths of thread so the snowflakes will dangle at different heights.)
- 13 Tie the threads to various spots on your mobile. (Hint: Put a tiny drop of glue on each thread to hold it in place.)
- 14 Ask an adult to help you hang your mobile from a light fixture.





# Being Sisters...Being Friends

One day Anna was accidentally hurt while she and Elsa played. Quickly, the queen and king rushed Anna to a wise old troll named Grand Pabbie for help.

The troll healed Anna, but he took away all her memories of Elsa's magic.

"There is great beauty in your power, but also great danger," the old troll warned Elsa. "You must learn to control it."

From that moment on, Elsa feared her powers and shut herself away from everyone—especially her beloved sister, Anna.

Anna didn't recall anything about that day, and she didn't remember Elsa's magical powers. So when Elsa shut her out and refused to play, Anna's feelings were hurt.

Anna was lonely. Day after day she tried to find ways to amuse herself. Fill in the blanks above with things Anna does alone, and then write down some more ideas of your own about what else she could do.

## KEEPING BUSY

When Elsa won't play, Anna rides her \_\_\_\_\_ up and down the castle halls. She \_\_\_\_\_ to portraits on the wall and to the suits of armor. But they don't answer her. She plays with her \_\_\_\_\_ and \_\_\_\_\_ down the banisters. And every day, she knocks on Elsa's \_\_\_\_\_ and asks her if she wants to come out and play. But Elsa never answers.

*What else could Anna do by herself? Write your suggestions here:*

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Sample words (or come up your own!):  
dolls, slides, bike, talks, door





Imagine yourself playing  
in the castle with Anna,  
then draw a picture of the  
two of you together.



# DO YOU WANT TO HAVE SOME FUN?

When Anna knocks on Elsa's door, what does she always ask her to do?

Match the pictures and fill in the blanks with the correct letters to find out.



KEY



U



I



O



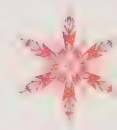
D



A



N



S



B



W



M



L



# A Place to Dream

No matter how often Anna knocked on Elsa's bedroom door, Elsa refused to come out and play. Anna didn't know that on the other side of the door, Elsa sat and cried softly. But she thought she was doing the right thing by keeping herself shut away.

As princesses, Elsa and Anna both had beautiful bedrooms. Anna's room was bright, sunny, and filled with vivid colors. Elsa's was decorated in cool shades of soft blue.

Find **two dolls**, a **feather quill**, and **firewood** in the pictures on this page.





# Sisters Are Forever

The years passed, and Elsa and Anna grew up separately from each other. Anna was lively, energetic, and quick to act. She often said or did funny things without thinking. Cheerful and optimistic, Anna never stopped hoping that someday she and Elsa would be able to spend time together again.

Regal and elegant Elsa was responsible and serious. She always seemed quiet and calm. Unlike Anna, Elsa kept her emotions under control. She was afraid of letting them show or get out of control, because strong emotions could release her powers.

But Elsa didn't take her sister Anna's courage, loyalty, and love into account. For although Princess Anna didn't have a single spark of magic in her fingertips, she did have a very special power in her heart—the power of love.



Anna and Elsa were very different in many ways, but they were alike in the love they felt for one another.



# Coronation Day!

At last, the day came for Elsa to be crowned Queen of Arendelle. Her coronation was going to be a splendid event. Nobles sailed from all over to join the celebration.

The townspeople decorated every inch of the town square with flowers and banners. They couldn't wait for the castle doors to open so they could see Queen Elsa and Princess Anna for the first time in years.

Inside the castle, everyone bustled about opening curtains, arranging armloads of flowers, carrying in stacks of plates, and polishing the ballroom floor until it gleamed. In the kitchen, the chefs stirred and chopped, roasted and boiled and baked, until a hundred delicious scents filled the air.



## How Well Do You Know *Frozen*?

Write your answer in the blank, then check page 48 to see how many you get right.

What color are the gloves Princess Elsa wears during her coronation?

\_\_\_\_\_





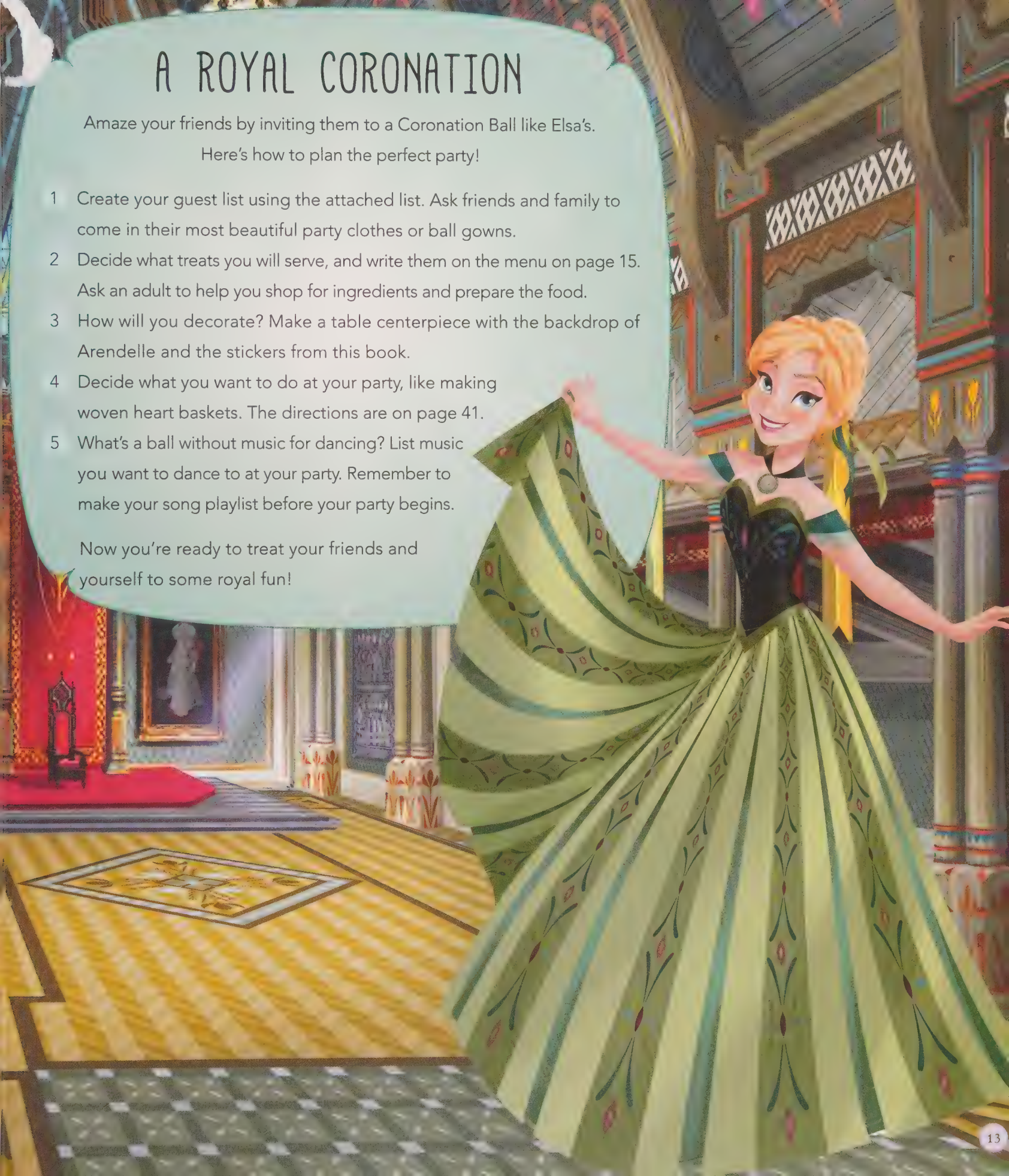
# A ROYAL CORONATION

Amaze your friends by inviting them to a Coronation Ball like Elsa's.

Here's how to plan the perfect party!

- 1 Create your guest list using the attached list. Ask friends and family to come in their most beautiful party clothes or ball gowns.
- 2 Decide what treats you will serve, and write them on the menu on page 15. Ask an adult to help you shop for ingredients and prepare the food.
- 3 How will you decorate? Make a table centerpiece with the backdrop of Arendelle and the stickers from this book.
- 4 Decide what you want to do at your party, like making woven heart baskets. The directions are on page 41.
- 5 What's a ball without music for dancing? List music you want to dance to at your party. Remember to make your song playlist before your party begins.

Now you're ready to treat your friends and yourself to some royal fun!





# Awkward Meeting

As the sun rose on the day of Princess Elsa's royal coronation as Queen of Arendelle, Anna leapt from her bed, put on her beautiful new gown, arranged her hair, and ran through the castle. She was so excited. Not only was she proud of and happy for her sister, but on this day—for the first time in forever—the castle doors would open, and she could explore Arendelle, meet people, and do all the things she had dreamed of for so long!

And who knew what would happen at the coronation ball! Maybe she would dance all night. Maybe she would even meet her true love. Anything could happen on such a special day.

Anna ran to the dock to see the royal guests arriving on their magnificent ships. Not looking where she was going, she accidentally bumped into a large, beautiful horse, tripped, and fell into a rowboat.

Suddenly, a handsome young man bent over her. It was Prince Hans of the Southern Isles. "Are you okay?" he asked, holding out a hand to help her up.

Luckily, Prince Hans remembered his royal manners, but as he tried to help Anna from the boat, she fell on top of him. "This is . . . awkward," Anna said. "Not that you're awkward . . . I'm awkward. You're gorgeous!" She blushed. "Wait, did I say that?" She was so embarrassed! What a way to meet a prince for the first time!





# At the Ball

Anna and Hans spent the entire day of the coronation together, talking and laughing and sharing food. Anna was happy-go-lucky as usual. Her sister Elsa was in a much more serious mood.

That night, as the sun set, Elsa stood before her people holding the orb and scepter as she was crowned Queen of Arendelle. Nervously, Elsa took off the gloves she always wore. She held the orb and scepter for a moment, then put them down quickly before ice from her hands covered them. She had made it through the ceremony without letting anyone know her secret!

After the ceremony, Elsa and Anna stood in the ballroom welcoming their guests. The two sisters smiled shyly at each other. After so long, they hardly knew what to say to each other.

"You look beautiful," Elsa told Anna.

"You look beautifuller—I mean, more beautiful, not fuller," Anna stammered.

Just then a delicious fragrance wafted from the banquet table. "What is that amazing smell?" Elsa asked.

"Chocolate!" she and Anna exclaimed simultaneously.

Take a look at the Royal Menu for all the delicious things that might have been served at the coronation ball. Then add some treats you would like to eat at a fancy party.



## ROYAL CORONATION MENU

Cream of chocolate soup

Chocolate and cheese platter

Variety of sandwiches

Chocolate krumkake

Chocolate cake

Hot chocolate fountain

Chocolate cookies

Chocolate-dipped fruit

Other treats: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Time Together

Everyone was having a grand time at the coronation ball. There was music and dancing, lots of food, and entertainment. After barely making it through a crazy dance with the Duke of Weselton, Anna returned to Elsa's side. Elsa was smiling.

"This is so nice," Anna said, looking hopefully at her sister. "I wish it could be like this all the time."

"Me, too." Elsa's smile fell. "But it can't."

Close to tears, Anna hurried away, dodging the dancers waltzing on the ballroom floor. She felt like her heart was breaking.



## MISSING YOU!

Anna missed spending time with Elsa so much! Is there someone you miss spending time with? Use the frame to draw yourself with someone you miss.



# Something Crazy!

Just as Anna was leaving the ballroom, she tripped—and again, Prince Hans caught her. Taking her in his arms, he waltzed her gracefully around the ballroom. Soon they were strolling through the castle gardens together, talking about everything. They climbed the clock tower and watched the moonlight on the water. As they simply sat and talked together, Anna felt as if they had known each other forever!

“Could I just say something crazy?”

Prince Hans blurted out as they stood near a shining waterfall in the moonlight. “Would you marry me?”

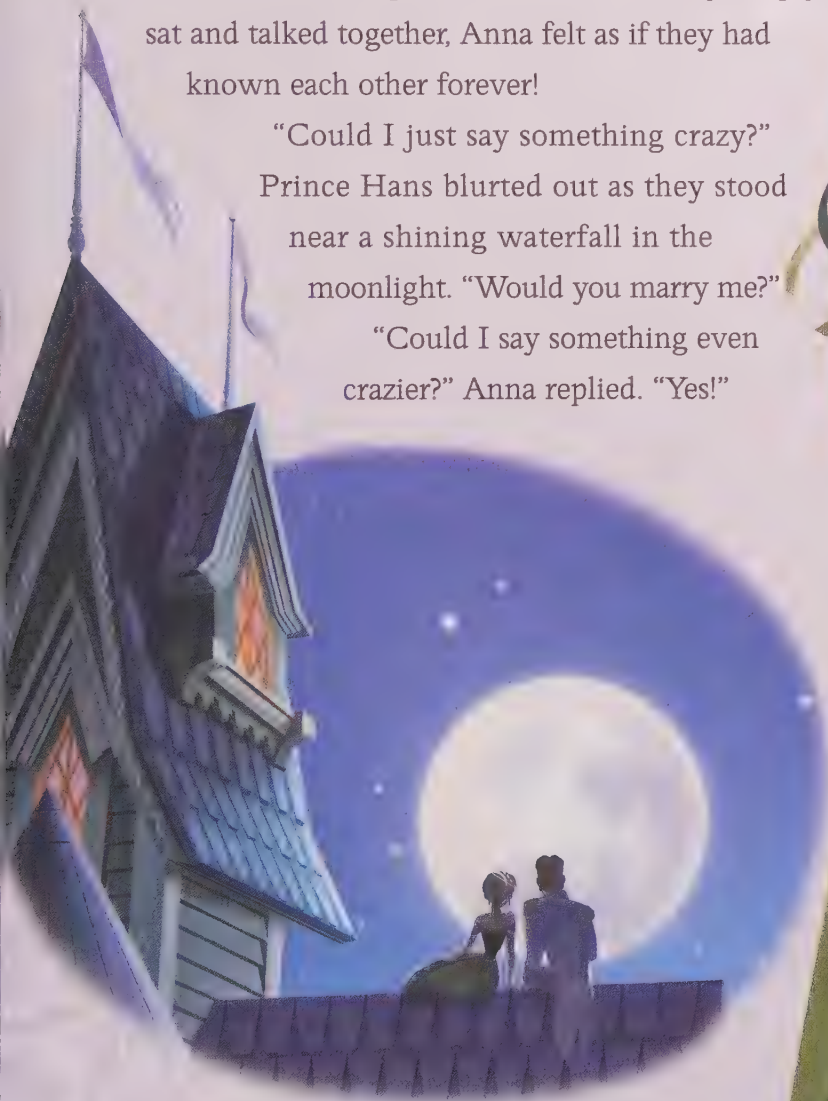
“Could I say something even crazier?” Anna replied. “Yes!”

## How Well Do You Know *Frozen*?

*Write your answer in the blank, then check page 48 to see how many you get right.*

How many of Hans's twelve older brothers pretended he was invisible?

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# Stormy Weather

After Hans's proposal, he and Anna rushed to the ballroom. "We want to ask your blessing on our marriage," Hans asked Elsa. "We'll need a few days to prepare," Anna added. "We'll have the usual, soup . . . roast . . . ice cream. And we'll ask all twelve of your brothers to come and live with us!"

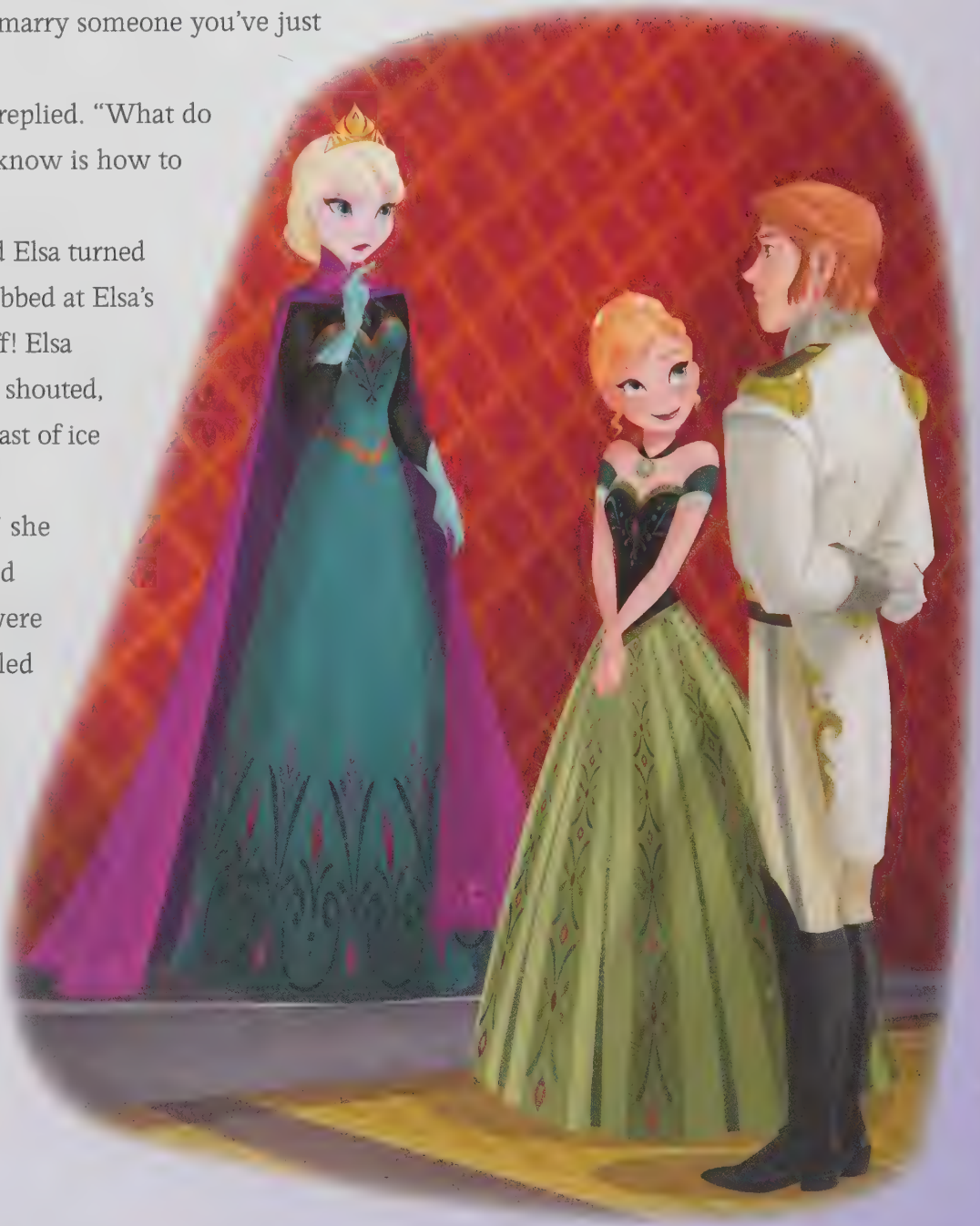
Elsa shook her head. "You can't marry someone you've just met," she told Anna.

"You can if it's true love," Anna replied. "What do you know about true love? All you know is how to shut people out!"

Anna's words cut Elsa deeply, and Elsa turned to leave. Trying to stop her, Anna grabbed at Elsa's gloves and accidentally pulled one off! Elsa whirled around. "I said enough!" she shouted, and suddenly, her bare hand sent a blast of ice across the ballroom floor.

Anna stared at her sister. "Elsa!" she whispered. But Elsa had already fled from the castle. The townspeople were terrified. "Sorceress! Sorceress!" yelled the scheming Duke of Weselton.

With the frightened cries of the townspeople echoing behind her, Elsa ran to the lake. As her feet touched the water, it froze. She raced across the ice to the distant shore and disappeared into the darkness as a spell of eternal winter spread across Arendelle.





# CHILLY DAYS IN ARENDELLE

Brrrr! When Elsa brought winter to Arendelle, Prince Hans quickly took charge, making sure the villagers had enough blankets and hot soup to stay warm, but what could they do to amuse themselves while they huddled inside their cottages?

*What would you do if you were a villager in Arendelle when summer suddenly turned to winter, and it was too cold to go outside? Fill in the blanks below with the suggested words or add some of your own. Go ahead and be as silly as you want to be. For even more fun, make copies of this page and give them to friends to fill out, too. No peeking! Then read them aloud to each other.*

When it's too \_\_\_\_\_ to go outside, make a steaming cup of \_\_\_\_\_, then curl up with a favorite \_\_\_\_\_ like Elsa does. We can also go outside in the snow and make a \_\_\_\_\_ like Olaf. Sometimes my friends and I pretend we're at a \_\_\_\_\_ ball like Anna and Elsa. We like to \_\_\_\_\_ our hair like Anna's and dress up in \_\_\_\_\_ to pretend we are \_\_\_\_\_ like Anna. It's also fun to bake \_\_\_\_\_ desserts—Anna and Elsa's favorite! Then we put \_\_\_\_\_ over a table and chairs to make our own \_\_\_\_\_, and have a \_\_\_\_\_ party inside. We get one of my stuffed \_\_\_\_\_ and pretend it is Sven. But we need to get \_\_\_\_\_ to feed Sven his favorite food. I also enjoy making winter crafts using \_\_\_\_\_, \_\_\_\_\_, and my imagination. I can even make pretend \_\_\_\_\_ like the ones that shoot out of Elsa's hands. I have so much fun in Arendelle, I never want to \_\_\_\_\_!

**Here are some words to get you started. Fill in your own, too!**

|            |           |            |            |             |
|------------|-----------|------------|------------|-------------|
| sticky     | paper     | snowman    | sunny      | swing       |
| sheets     | dance     | jump       | princesses | cold        |
| cocoa      | blankets  | snowflakes | spin       | rabbits     |
| lemonade   | cake      | icicles    | twirl      | carrots     |
| leave      | fun       | costumes   | castle     | ice statues |
| frozen     | braid     | cookie     | sleigh     | reindeer    |
| book       | trolls    | hairbrush  | sew        | daydream    |
| coronation | chocolate | castle     | animals    | markers     |





# Winter Wanderings

At last, Anna understood the secret Elsa had been hiding all these years. As she watched her sister disappear into the darkness, Anna didn't hesitate for one second. She called for her cloak and horse. She was going to find Elsa and bring her home. She told the townspeople that Prince Hans would be in charge while she was gone.

Prince Hans was worried that Anna might be in danger, but Anna wasn't afraid.

But the snow was much deeper, the wind blew much more ferociously, and the cold was much chillier than Anna expected. When snow falling from a branch

made her horse bolt, Anna was forced to make her way through knee-deep snow drifts. Then, just when she thought she couldn't possibly get any colder, she tripped, slid down a hill, and landed—*splash!*—in an icy stream.

Suddenly, Anna saw the warm golden glow of lights from a small cabin. Smoke was coming from a chimney. It was someplace warm! Anna hurried toward it as fast as her numb feet would go.

The sign over the door read, WANDERING OAKEN'S TRADING POST (AND SAUNA!). Anna's dress was so stiff with ice she could barely get up the steps and inside.



Snow. It had to be snow.  
She couldn't have had  
tropical magic.



# IT'S S'NOW COLD!

Poor Anna! Her heart was in the right place as she bravely set off to find Elsa, but she hadn't thought about how cold and hard her journey would be. *Can you help her get through the maze to Wandering Oaken's Trading Post to get warm?*





# Welcome to Wandering Oaken's Trading Post (and Sauna!)

Anna hurried into the warm, snug trading post. A large man named Oaken sat behind the counter, smiling at her.

"Half off swimming suits," he told her. But what Anna needed was warm winter clothing . . . and information. Had Oaken seen anyone else come past the trading post—such as the queen? "No one's crazy enough to be out in this weather except you, dear," Oaken replied.

Just then a tall young man covered from head to foot in snow walked into the shop. "Oh . . . and this fellow," Oaken added, nodding at him.

The young man was Kristoff, an ice harvester who had been caught in the storm Elsa had created. He was covered from head to toe in so much snow he looked a bit like a snowman himself.







And he wasn't very happy. A blizzard in July good for the ice business. "Carrots," he muttered, pointing behind Anna.

"Where did the blizzard come from?" Oaken asked Kristoff.

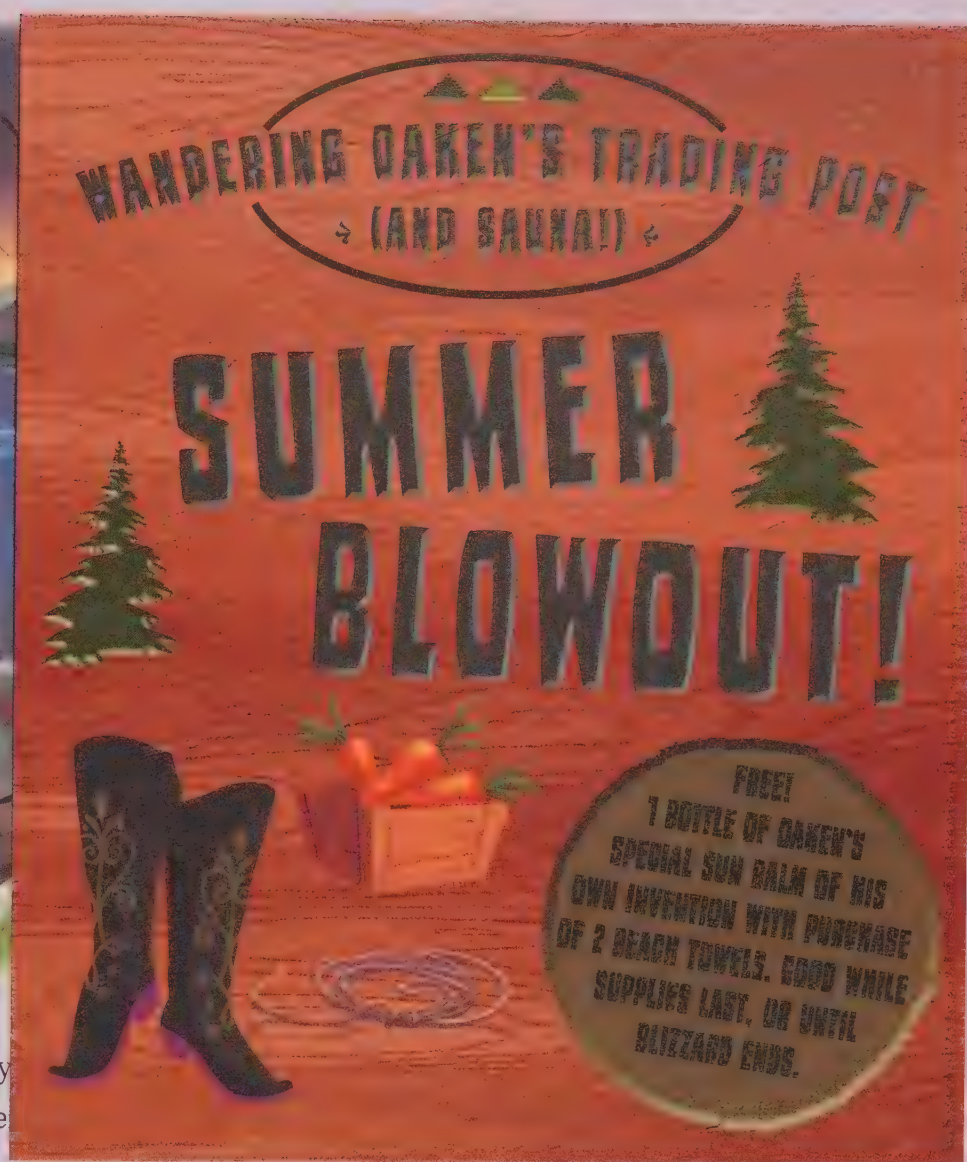
"North Mountain," Kristoff muttered.

"Did it seem magical?" Anna asked.

"Yes," Kristoff replied curtly. He wasn't feeling very talkative.

Suddenly Anna was sure she knew where Elsa was: North Mountain. But how would she get there?

Kristoff slammed a rope, an ice axe, and a bunch of carrots on the counter. Unfortunately, he and Oaken couldn't agree on a price. After calling Oaken "a crook,"



snorting with excitement.

"No, Sven, I didn't get your carrots," Kristoff told him. "But I did get us a place to sleep tonight."

Inside Wandering Oaken's Trading Post (and Sauna!), Anna thought for a moment. Then she purchased the rope, ice axe, and carrots for Kristoff. Maybe if she helped him out, he would agree to take her to North Mountain. He didn't seem very friendly, but it was worth a try!





# Icy Magic

Meanwhile, as Anna searched for her sister and made a pit stop at Wandering Oaken's Trading Post (and Sauna!), Elsa had climbed high up the steep snowy slopes of North Mountain. The blizzard she had unleashed swirled around her, but Elsa didn't mind. The cold had never bothered her. Untying her cloak, she let the howling wind carry it away.

Waving her hands, Elsa created walls and towers of gleaming blue and crystal ice that seemed to form from the air itself.

Then Elsa transformed herself, letting her beautiful hair come down and creating a shimmering gown that swirled around her. At last, she could be herself!

## MAKE IT SNOW

Elsa can make snow appear with just a wave of her fingers. You'll need to do a little more than that to create your winter wonderland, but you can still imagine that you are as magical as Elsa!

**You'll need:** 1 cup of baking soda, water, glitter

1. Put baking soda into a bowl and drop in 1 tablespoon of water at a time.
2. Mix well with a fork. Continue adding water until you have a good consistency.
3. Stir glitter into your snow for more sparkles.
4. Cover bowl and put in refrigerator for ten minutes. This will help your snow look fluffier.





# GLITTER AND GLEAM

Elsa's ice palace is magnificent. It reflects the color of the shimmering Northern Lights and gleams against the darkness. If you had Elsa's powers, how would you decorate the ice palace?

Use your stickers to decorate.

## How Well Do You Know *Frozen*?

*Write your answer in the blank, then check page 48 to see how many you get right.*

What is the first thing Elsa makes when she creates her ice palace?

\_\_\_\_\_



# Reindeer Friend

**K**ristoff likes ice and snow, too, but for different reasons. A rough outdoors man, Kristoff harvested ice to sell to the people of Arendelle during the summer. He spent most of his time alone in the mountains with his best friend, a mischievous but loyal reindeer named Sven.

Kristoff and Sven have been together since they were very young. Sven even pulled Kristoff's sled for him. As they grew up, Kristoff always took good care of Sven, making sure he had all the carrots he wanted!

Used to being alone, Kristoff didn't like to talk to other people very much. He preferred having long conversations with Sven and even answered back in a funny, gruff voice as if Sven was talking. The two best buddies understood each other perfectly!



## REINDEER SERENADE

After Oaken kicked Kristoff out of his store, the rugged ice harvester and Sven went to sleep in the hay-filled barn. As Sven munched a mouthful of hay, Kristoff sang to him. Help Kristoff write a new song for Sven by filling in the blanks with the words suggested here, or fill in your own. (They don't have to rhyme.)

You are my \_\_\_\_\_. You make me feel so \_\_\_\_\_. Now it's time to go to \_\_\_\_\_.

Please \_\_\_\_\_ without a \_\_\_\_\_. Don't wag your \_\_\_\_\_. Don't beg for \_\_\_\_\_.  
Just close your \_\_\_\_\_ and rest your \_\_\_\_\_ on your soft and comfy \_\_\_\_\_.  
Dream of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. When the \_\_\_\_\_ wakes up again, then we'll \_\_\_\_\_ 'cause we're best \_\_\_\_\_.

**Some words to inspire you:** fur, wag, friend, sleep, treat, antlers, paws, happy, eyes, ears, bone, carrots, purr, peep, bark, snore, blanket, snowball, tired, mad, silly, snow, dream, dog treats, tail, hooves, sun, buddies



# HOW TO CARE FOR A REINDEER

Imagine finding a young reindeer and raising it like Kristoff did with Sven.  
What would you need to do to make sure your reindeer grew up strong and healthy?  
*Circle the answers to find out if you would be a good reindeer owner.*

**1 Your reindeer is feeling frisky and wants to play. You . . .**

- a. toss a ball for him to fetch.
- b. hide carrots in the snow for him to dig up.
- c. teach him to chase a ball of yarn.

**2 Your reindeer needs a comfy place to sleep. You . . .**

- a. let him sleep on your bed. Oof!
- b. make a big pile of straw for him.
- c. give him a pillow, a quilt, and a snuggly toy.

**3 Your reindeer is hungry. You . . .**

- a. make pancakes.
- b. give him bunches of carrots.
- c. share your sandwiches.

**4 Your reindeer won't come when called. You . . .**

- a. go off and leave him. He'll get lonely and follow you eventually.
- b. reward him with carrots each time he obeys.
- c. chase him until you've caught him.

**5 Your reindeer has just chewed a hole in your snowshoe. You . . .**

- a. scold him and put him in a time-out.
- b. give him a healthy snack (like a carrot) to munch on instead.
- c. let him have the other snowshoe to chew on since he's already wrecked the first one.

**Mostly As or Cs:** Not quite ready for a reindeer yet.

**Mostly Bs:** Ready to be a reindeer's best friend.





# Journey to North Mountain

For a weary traveler, Wandering Oaken's Trading Post (and Sauna!) was a lucky find in the middle of the snowy mountains. After meeting Kristoff there, Anna asked him to take her to the North Mountain, but Kristoff wasn't interested.

"I don't take people places," he told her. But he changed his mind when Anna told him she knew how to stop the winter. He was an ice harvester, after all, and in the cold weather, no one was buying his ice.

"We'll go in the morning," Kristoff told Anna.

Anna took a deep breath, "We'll go now!"

Soon Kristoff and Anna were dashing up a steep, curving mountain road. It was cold, windy, and icy on those mountain slopes. Perfect for an ice harvester's sleek sleigh pulled by a strong and loyal reindeer.

Put your feet down.  
This is fresh lacquer.  
Seriously, were you  
raised in a barn?

No. I was  
raised in a  
castle.





# A ONE-REINDEER SLEIGH

"We go really fast," Kristoff warned Anna as they sped up the mountain in his trusty sleigh. "I like fast," Anna replied.

Follow the directions to punch out Kristoff's sleigh, and imagine yourself swiftly gliding in it. Watch out for the trees!



Suddenly Kristoff heard something moving in the dark woods. Wolves!

Racing for their lives to outrun the wolves, Anna, Kristoff, and Sven barely escaped, but Kristoff's sled was destroyed. And he had just finished paying it off. Now they had to continue the rest of their journey on foot in the icy, chilly mountains above Arendelle.

## How Well Do You Know Frozen?

*Write your answer in the blank, then check page 48 to see how many you get right.*

What does Anna hit a wolf with?

\_\_\_\_\_



# Snow, Snow, Beautiful Snow

Traveling on foot without a sleigh was rough in all that snow. As Kristoff, Anna, and Sven traveled toward North Mountain, the sun rose, turning the icy woods into a world of sparkling, gleaming beauty. "I never knew winter could be so beautiful," Anna said.

"Yeah, it really is beautiful, isn't it?" a voice answered nearby. Anna and Kristoff stared as a friendly little snowman approached.

"Hi, I'm Olaf, and I like warm hugs," he said. Suddenly Anna realized: Olaf was just like the snowman Elsa had made for her long, long ago when they were just little girls playing in the castle together—only this one talked and moved all by himself!

*I've always  
wanted a nose!*





# WHATCHA THINKIN'?

Imagine you're having a conversation with Anna, Kristoff, Olaf, and Sven. What would you say to each other? *First, match the character with their dialogue by drawing lines between them. Then fill in the empty bubbles with your own response.*

I've always loved the idea of summer and sun and all things hot.

Snort snort.

I'm guessing you don't have much experience with heat.

Chomp, snap.

Somebody has to tell him.

I never knew winter could be so beautiful.

Olaf? That's right—Olaf!





# Summertime Snowman

Soon after they met Olaf, Anna, Kristoff, and Sven became fast friends with the happy snowman. And who knew the snowy mountain landscape better than a snowman?

"Do you know where Elsa is?" Anna asked Olaf.

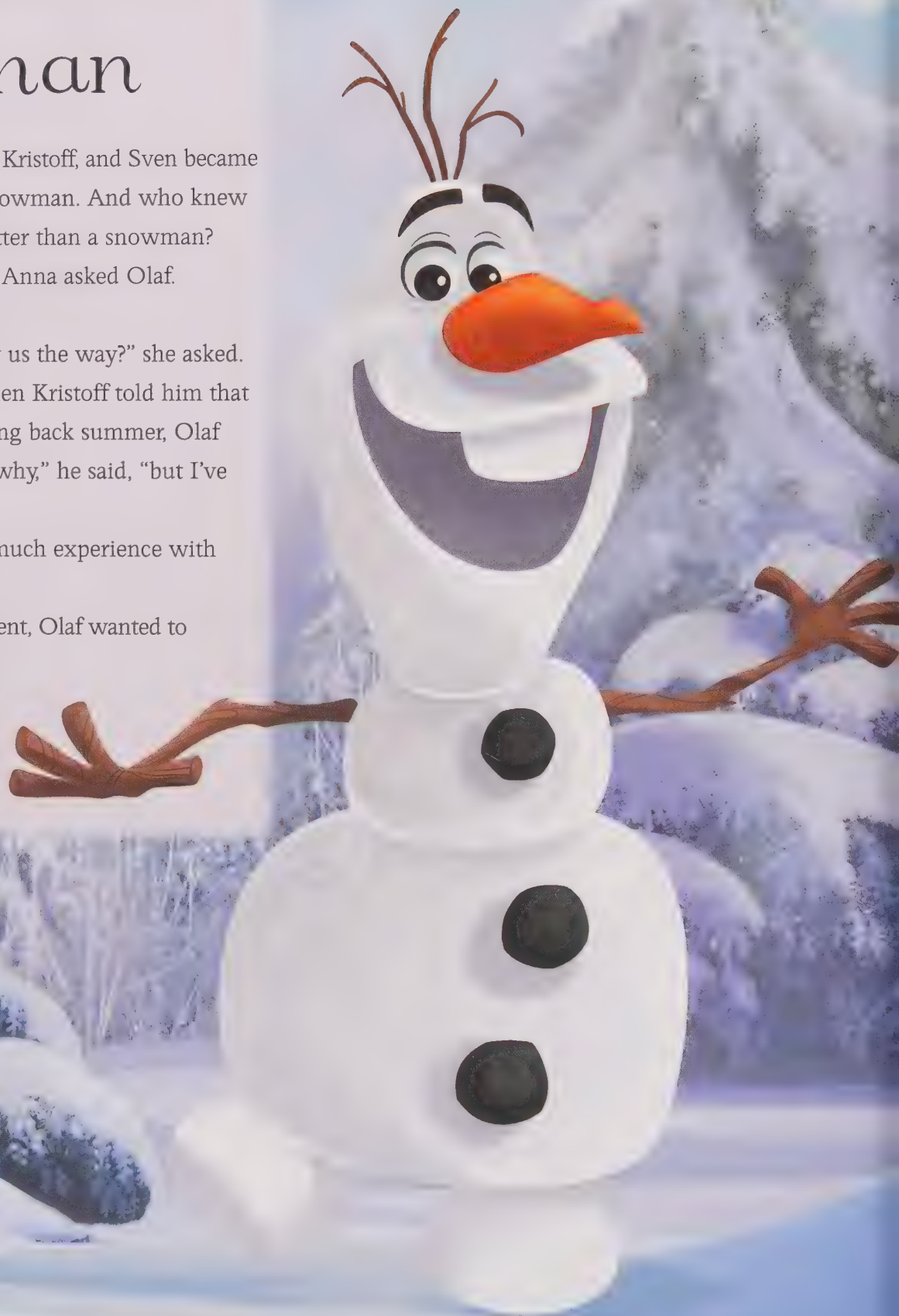
"Yeah, why?" he answered.

"Do you think you could show us the way?" she asked.

"Yeah, why?" Olaf replied. When Kristoff told him that they hoped to convince Elsa to bring back summer, Olaf became so excited. "I don't know why," he said, "but I've always loved the idea of summer."

"I'm guessing you don't have much experience with heat," Kristoff said.

To Anna and Kristoff's amusement, Olaf wanted to experience doing whatever snow does in summer. He wanted to find out what happens to solid water when it gets warm.





# SUMMER VACATION!

Olaf's dreams of summer include spending time at the beach and picnics under a blue summer sky.

Use your crayons, pencils, and markers to create another postcard of Olaf.



## How Well Do You Know Frozen?

Write your answer in the blank, then check page 48 to see how many you get right.

How many seagulls dance with Olaf?

\_\_\_\_\_

A large, empty rectangular box for writing the answer to the question.



# A Palace Made of Ice

At last, Anna and her friends arrived at Elsa's magnificent ice palace. Elsa was surprised to see Anna, but their meeting didn't go as Anna had hoped. "I know we can figure this out together," she told Elsa.

Elsa would not listen. She was convinced that it was better for her to stay far away from everyone where she couldn't do any harm. Then Anna told Elsa that she had created an eternal winter in Arendelle and needed to make it go away.

"You can just unfreeze it," Anna said. But Elsa admitted that she didn't know how.

The more Anna pleaded with her sister, the more upset Elsa became, until she couldn't hold back her magic. Icy blasts shook the palace and flew through the room. One of the blasts accidentally struck Anna in the heart.

## GEO-MAZING ICE SHAPES

"Now that's ice. I'm gonna cry!" Kristoff says when he first sees Elsa's ice palace.

How did she make so many different shapes? Help Kristoff find **eight triangles** and **seven squares** in the palace walls.



# SPEAK YOUR HEART

When Anna tries to convince Elsa to return, she says a lot of kind and helpful things.

What would you say if you had to help a friend get over their fears or worries?

Fill in the blanks with words you think would help.

I know you are feeling a little \_\_\_\_\_ right now. But you are one of the \_\_\_\_\_ people I know, and I am sure you can get \_\_\_\_\_. I \_\_\_\_\_ in you.

You are always so much help to me, and I want to help you, too!

You know that sometimes when you are \_\_\_\_\_, talking about it makes it easier, so do you want to tell me what you are thinking? I promise to \_\_\_\_\_ carefully and not say anything to make you feel \_\_\_\_\_.

In fact, if you share your feelings, you will feel much \_\_\_\_\_.

Who knows, maybe I can even make some helpful \_\_\_\_\_ for you to think about. And remember,

if you are still \_\_\_\_\_, I promise to be

\_\_\_\_\_ for you. You don't have to

feel as if you're all \_\_\_\_\_. I will

always be there to help, because I am

your \_\_\_\_\_, and that's what

friends do. Give it a \_\_\_\_\_ and

you'll see! Everything is going to be

\_\_\_\_\_! Just take a deep breath

and go for it!

**Some words to inspire you:** alone, blue, listen, dumb, better, there, suggestions, friend, try, fine, sad, nicest, fix it, believe

*I belong  
here. Alone, where  
I can be who I am  
without hurting  
anybody.*

— Elsa

*We were so close!  
We can be like that  
again!*  
— Anna





# Big and Fierce!

But all of Anna's pleading with her sister did no good. Elsa just wanted Anna to leave, so she created a giant snowman named Marshmallow and ordered him to toss out Anna, Kristoff, and Olaf. Marshmallow picked them up and threw them out the palace doors.

Marshmallow was just doing his job, but Anna was furious. "It is not nice to throw people!" she yelled.

Before Kristoff could stop her, she pelted Marshmallow with a snowball. Not a good choice.

"Now you've made him mad!" Kristoff yelled as icy spikes popped out on Marshmallow's arms and legs. With a roar, he chased them down the mountainside.

Always helpful, Olaf offered to distract the massive, maddened Marshmallow. But what can one little snowman do to stop a moving mountain of furious ice?





# STOP THAT MARSHMALLOW!

As they ran from Marshmallow, Anna and her friends tried everything they could think of to get away. How would YOU stop Marshmallow from chasing you? Use your imagination to fill in the blanks with your wildest answers.

- 1 Pour \_\_\_\_\_ on the snow for him to slip on.
- 2 Tie a \_\_\_\_\_ between two trees to trip him.
- 3 Throw \_\_\_\_\_ at him.
- 4 Build a beautiful, giant \_\_\_\_\_ to distract him.
- 5 Spread hot, gooey \_\_\_\_\_ to stick his feet to the ground.
- 6 Jump behind a \_\_\_\_\_ and hide so he runs past you.
- 7 Turn yourself into a \_\_\_\_\_ and hold very still.

Maybe he won't see you!

- 8 Bend a small tree into a slingshot and pelt him with \_\_\_\_\_.
- 9 Run around in \_\_\_\_\_s until he gets dizzy.
- 10 Splash hot \_\_\_\_\_ on his toes to turn them to slush.
- 11 Throw him a delicious snowball \_\_\_\_\_ to eat.
- 12 Flash \_\_\_\_\_ in his eyes so he can't see.

## Some words to inspire you:

tree, light, statue, ice, treat,  
snow, ogre, glue, rope,  
snowballs, circle, water

## How Well Do You Know *Frozen*?

*Write your answer in the blank, then check  
page 48 to see how many you get right.*

How many fingers does  
Olaf have on each of  
his stick hands?

\_\_\_\_\_





# Trolls, Trolls Everywhere!

Anna, Kristoff, and Olaf escaped Marshmallow by jumping off a cliff. But the danger wasn't over. "Look at your hair!" Kristoff exclaimed to Anna. It was turning white. Elsa's blast had hurt Anna badly. She needed help—fast!

Kristoff decided to take her to his friends. As he guided Anna and Olaf toward the place where his friends lived, Kristoff tried to describe them. "They can be a little inappropriate and loud . . . very loud," he said. "They're also stubborn, overbearing, and heavy. They're really heavy!"

Anna was sure she would like them, no matter what Kristoff said. But when they reached a rock-filled valley and Kristoff began to walk among the rocks, talking to them, Anna and Olaf were concerned. What was Kristoff doing?

"He's crrr-raazy!" Olaf whispered. "I'll distract him while you run."

Then suddenly the stones began to roll toward them . . . and to Anna and Olaf's surprise, suddenly they were surrounded by smiling, laughing, shouting trolls!

The trolls were thrilled to see Kristoff, and even more excited to see that he had a girl with him. They had helped to raise Kristoff, and they thought it was time he got married and settled down. Over Kristoff's protests, they explained to Anna that while Kristoff needed a little "fixing up," he was a good man with a big heart.







## FIXER-UPPER

Help the trolls dress Anna and Kristoff by drawing mossy capes and hats on them for their “wedding.” Then unscramble the capitalized words in the list below to find five more things Kristoff could do to fix himself up a little. Check your answers on page 48.

1. Brush his \_\_\_\_\_ (RHAI)
2. Wash out his \_\_\_\_\_ (REAS)
3. Clean his \_\_\_\_\_ (OOBTS)
4. Trim his long \_\_\_\_\_ (FSILNAGNRE)
5. Mend the tears in his \_\_\_\_\_ (TSIRH)
6. Remember to \_\_\_\_\_ (MSIEL)

## ROCK YOUR OWN TROLL

Now that you’ve imagined your troll friends, try making one, two—or a whole family. (Trolls love living in big, friendly groups!)

### You’ll need:

A small smooth, round stone

Poster paint or markers

Glue

Twigs, grass, moss, or leaves—whatever you can find in your yard

Googly eyes (optional)

Pieces of old jewelry (ask an adult first)

### Directions:

1. Wash and dry the stones.
2. Draw a face. Don’t forget the eyes!
3. Glue on grass or moss for hair.
4. Use your imagination and give your trolls leaf capes, grass necklaces, or headpieces of old jewelry.

To create a home for your trolls, fill an aluminum pie plate with pebbles. Decorate with leaves and twigs.

Remember to name your trolls. They sometimes have nature-themed names like Rocky, Mosstoe, or Gravel . . . you get the idea. Write your troll friends’ names here:

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# An Act of True Love

Anna was delighted to meet the trolls. Just then, Grand Pabbie arrived. He had once used his magic to help Anna long ago. But this time Grand Pabbie couldn't help her. "There is ice in your heart, put there by your sister," he told Anna. "If not removed, to solid ice will you turn forever."

Only an act of true love could save Anna. Perhaps true love's kiss, a troll lady suggested. "We have to get you back to Prince Hans," Kristoff told Anna. Holding her in his arms, Kristoff jumped onto Sven and began to race down the mountain to Arendelle.

Kristoff traveled like the wind to Arendelle with the injured Anna. "Kiss me!" Anna said to Hans the moment she returned to the castle. But to her dismay, Hans told her that he had only been pretending to love her in hopes of ruling Arendelle. Poor Anna! As she shivered alone in the icy room Hans had locked her in, she wondered if she even knew the meaning of true love.





# HERE'S MY HEART

There are lots of ways to show that you truly love someone. Anna and Elsa might have made these traditional heart baskets for each other when they were young. Now you can delight someone by making one and tucking a treat inside. Use the template to cut the basic shape you need . . . then start crafting!



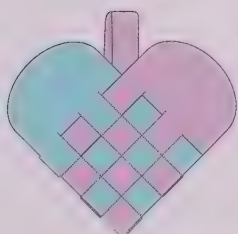
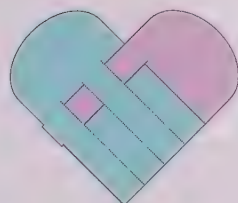
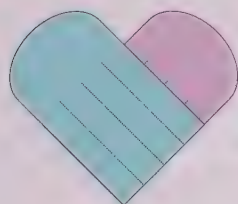
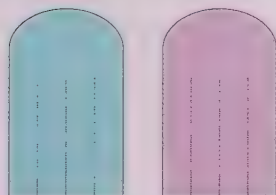
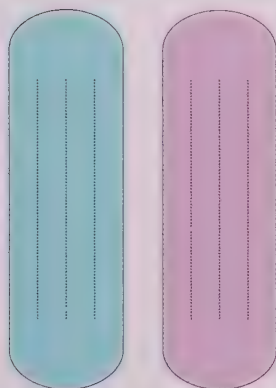
## HEART BASKET INSTRUCTIONS

### You'll need:

The two-colored paper inserts, scissors, and tape

### Directions:

- 1 Cut out the two pieces of paper with curved ends.
- 2 Fold both pieces into a "U" shape and cut along the dotted lines that start at the folded edge. Be careful not to cut too deeply. This makes "loops" that you will weave together.
- 3 Take the purple piece and open the first loop. Then slide the first loop of the purple piece inside the blue loop.
- 4 On the same end, open the second blue loop and slide the first purple loop through it. Each time you weave a loop, check to see if your basket opens.
- 5 When you stick the LAST blue loop through the purple loop, gently slide the woven loops towards the top so they are close together.
- 6 Repeat with each loop until finished, weaving each piece through the next.
- 7 Decorate with stickers, glitter, or small beads if desired.
- 8 Cut out the narrow rectangle strip, and glue it to the inside of your basket to create a handle.
- 9 Fill with flowers or treats for your friends or family.





# Not Such a Prince After All

Anna was in shock that Hans had tricked her, pretending to be someone he was not. He had traveled to the ice palace and took Elsa captive. Returning to Arendelle, he locked the queen of Arendelle in a prison of stone.

Prince Hans had finally revealed his true nature: scheming, sly, and ruthless. All he had ever wanted was to rule the kingdom of Arendelle. Leaving Anna alone in the castle to freeze, he had told everyone she

was dead and that Queen Elsa had killed her. "I charge Queen Elsa of Arendelle with treason and sentence her to death," he proclaimed.

But before Hans could carry out his sentence, Elsa used her icy powers to shatter her chains and blast a hole in the prison walls. As a ferocious storm swirled over Arendelle, Elsa stumbled onto the frozen lake. Hans followed closely behind, determined to get rid of Elsa once and for all.

## WHO'S MR. NICE GUY?

As Anna discovered, it's not always easy to tell who is truly nice and who isn't. Help her by drawing lines that connect the words below with the pictures of Hans and Kristoff. (Hint: Some words might apply to both.) Which of them would you like to hang out with?

HANDSOME

CHARMING

BRAVE

LOYAL

SMOOTH-TALKER

LONER

HONEST

TRUSTWORTHY

SCHEMING

DISHONEST

TRUTHFUL

STYLISH

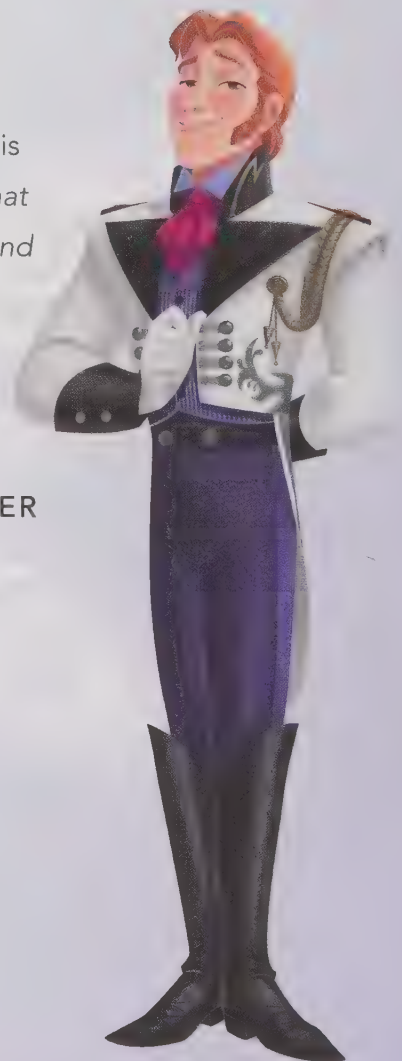
SNEAKY

OUTDOOR  
TYPE

PRINCE

GRUFF

HARD WORKER





# Love Will Save the Day!

While Hans followed Elsa, he didn't know that Olaf had come back for Anna. Then Olaf rescued Anna, and the two of them struggled through the howling wind to find Kristoff. At last, Anna had realized that Kristoff was her true love.

"Kristoff! Kristoff!" She called his name as she saw him through the raging storm. If she could only reach him in time for his kiss to save her life.

Then suddenly, Anna saw Hans standing over Elsa with his sword raised. Giving up her last hope, Anna flung herself over her sister. Hans's sword flashed down and hit Anna's frozen hand. Anna had saved Elsa, but now the princess was turned into solid ice.

## How Well Do You Know *Frozen*?

Write your answer in the blank, then check page 48 to see how many you get right.

What color are the stones in Grand Pabbie's necklace?

---



Elsa clung to Anna and wept for her. She didn't notice at first that color was creeping slowly through Anna's body and face. Anna's heart was thawing, and she was alive again. It was Anna's act of true love for her sister that had saved her.



# A Happy Ending

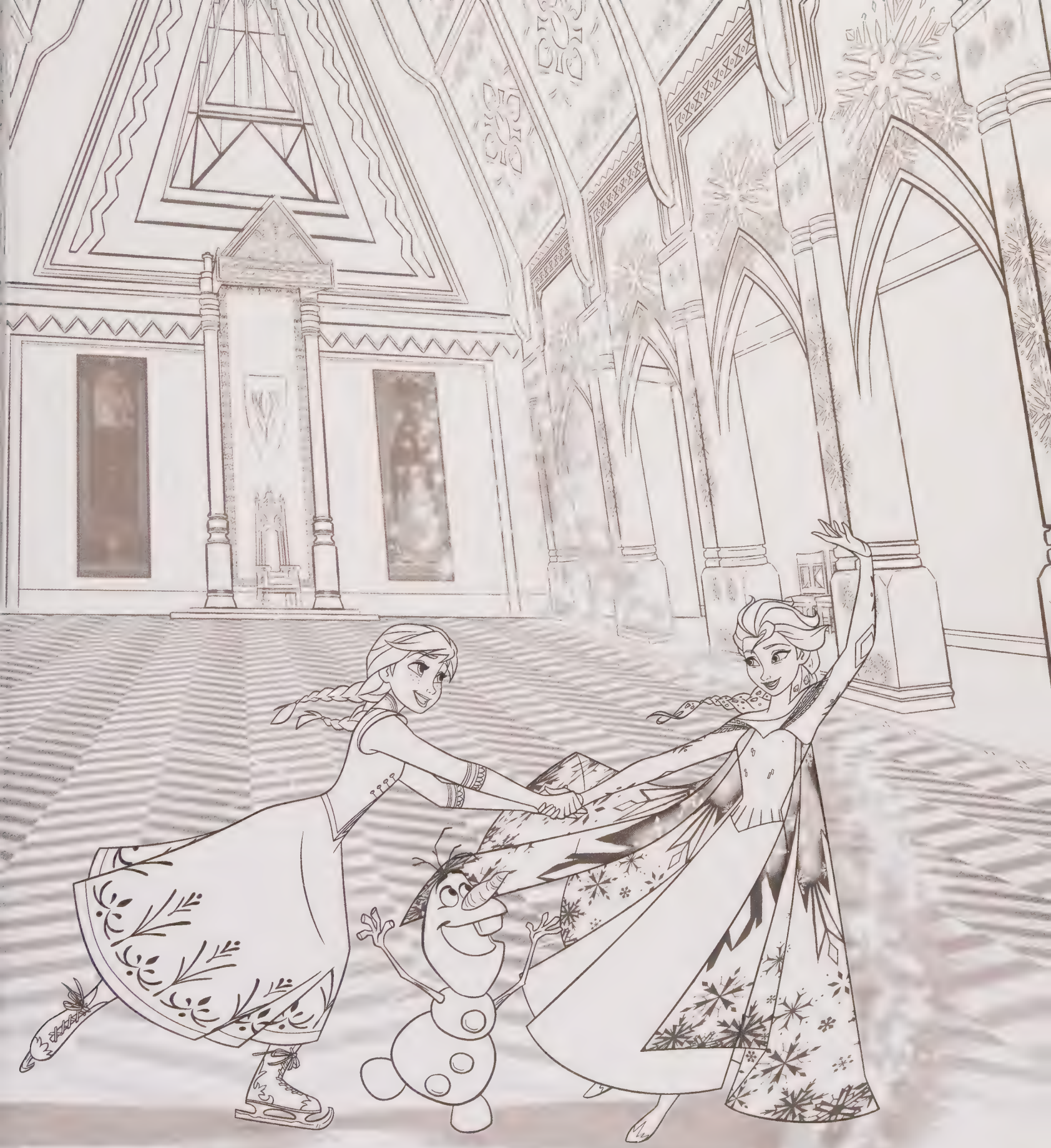
Elsa finally realized that with love she could control her powers. In swirls of magic, she melted the snow and ice and ended the eternal winter. Summer returned at last to Arendelle. Prince Hans had his just punishment waiting for him at his home in the Southern Isles. Olaf enjoyed his very first summer with help from Elsa, who created a snow flurry to keep him from melting. Kristoff had a new sleigh and a new title as the Official Arendelle Ice Master and Deliverer, and he had Anna's love. Sven had a special silver medal—and all the carrots he could eat. As for Anna and Elsa? They had each other again . . . and they would never let go!

## COLOR THEM HAPPY

Color Queen Elsa, Princess Anna, and their friends skating together on the ice rink Elsa made. Then say farewell to your friends in Arendelle. But remember—you're always welcome to use your imagination and come back again whenever you want.









# Frozen Adventure Board Game

Relive your adventures with all your *Frozen* friends as you use your character punch-outs to follow Anna's journey from Arendelle to North Mountain and back. Along the way, earn two points for every square you land on with a heart in it. Lose a point for every square with Prince Hans in it. The first person to reach the finish line with the most points wins.

## Directions:

Use your character punch-outs to play. Draw straws or slips of paper to see who goes first. Longest goes first, shortest goes last.

Flip a coin to move: Heads is 1 space; tails is 2 spaces. Follow the directions on the space that you land on.

## START

Your horse throws you.  
Lose a turn.



Lose your way.  
Lose a turn.

Earn 2 points!

Get boots from  
Wandering Oaken's.  
Move ahead 2 spaces.

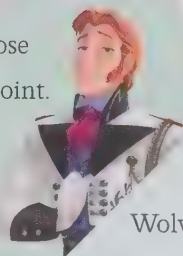
Lose  
1 point.



Earn 2 points!

Earn 2 points!

Lose  
1 point.



Wolves are after you. Run ahead  
3 spaces.



You crash the sleigh.  
Lose a turn.

Earn 2 points!

Earn 2 points!

Jump the cliff.  
Move ahead  
2 spaces.





Marshmallow chases  
you off a cliff.

Lose a turn.

Olaf loses his head.  
Lose a turn while he  
looks for it.



Find a hidden  
stairway. Move  
ahead 4 spaces.

Earn 2 points!



Your horse  
throws you.  
Lose a turn.

Earn 2 points!

Lose  
1 point.



Feed Sven  
carrots. Move  
ahead 1 space.

You meet the  
trolls. Move  
ahead 4 spaces.



Sven fell into the fjord.  
Lose a turn.

The blizzard  
is ferocious.  
Lose a turn.

Earn 2 points!

Take a shortcut to  
Arendelle. Move  
ahead 3 spaces.

Bulda thinks you're  
a fixer-upper.  
Move ahead 2 spaces.

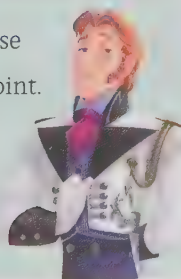
Earn 2 points!



Anna saves Elsa.  
Take another turn.

Earn 2 points!

Lose  
1 point.



FINISH





# ANSWER KEY

How Well Do You Know *Frozen*?

- p. 12: Blue                      p. 33: Four (4)  
 p. 17: Three (3)              p. 37: Four (4)  
 p. 25: Stairs                  p. 43: Green  
 p. 29 : Kristoff's lute

p. 9: Build a snowman

p. 39:

1. hair      4. fingernails  
 2. ears      5. shirt  
 3. boots    6. smile



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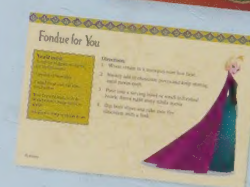
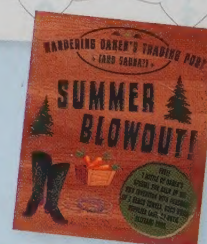






This ultimate guide to Arendelle features punch-out figures of Elsa, Anna, Kristoff, Sven, and Olaf; a two-sided removable backdrop; stickers; and more!

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